



National Nutrient Database for Standard Reference

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Statistics Report 35171, Fish, salmon, chum, dried (Alaska Native)

Report Date: July 16, 2017 02:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2}	g	22.79	2	--	18.12	27.45	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Energy	kcal	378	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Energy	kJ	1581	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
Protein ^{1 2}	g	62.09	2	--	60.88	63.31	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Total lipid (fat) ^{1 2}	g	14.38	2	--	10.55	18.2	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Ash ^{1 2}	g	3.69	2	--	3.64	3.74	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Carbohydrate, by difference	g	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sugars, total	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Sucrose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Glucose (dextrose)	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Fructose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

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Lactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Maltose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Starch	g	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Minerals													
Calcium, Ca 1 2	mg	155	2	--	120	190	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Iron, Fe 1 2	mg	2.20	2	--	1.4	3	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Magnesium, Mg 1 2	mg	68	2	--	67	69	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Phosphorus, P 1 2	mg	650	2	--	650	650	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Potassium, K 1 2	mg	910	2	--	900	920	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Sodium, Na 1 2	mg	190	2	--	130	250	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Zinc, Zn 1 2	mg	1.40	2	--	1.2	1.6	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Copper, Cu 1 2	mg	0.254	2	--	0.15	0.36	1.0	--	--	2	Analytical or derived from analytical	--	07/2007

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Manganese, Mn 1 2	mg	0.071	2	--	0.06	0.08	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Selenium, Se 1 2	µg	103.8	2	--	97.5	110	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Thiamin 1 2	mg	0.356	2	--	0.11	0.6	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Riboflavin 1 2	mg	0.463	2	--	0.46	0.47	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Niacin 1 2	mg	14.650	2	--	12.1	17.2	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Pantothenic acid 1 2	mg	2.760	2	--	2.38	3.14	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Vitamin B-6 1 2	mg	0.681	2	--	0.49	0.87	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Folate, total 1 2	µg	12	2	--	11	12	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Folic acid	µg	0	1	--	--	--	--	--	--	--	Assumed zero	--	07/2007
Folate, food 1 2	µg	12	2	--	11	12	1.0	--	--	2	Analytical or derived from analytical	--	07/2007

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Folate, DFE	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2008
Choline, total ^{2 3}	mg	231.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Betaine ^{2 3}	mg	10.6	2	--	4	17.1	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Vitamin B-12 ^{1 2}	µg	28.60	2	--	26.7	30.5	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Vitamin A, RAE	µg	16	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Retinol ¹	µg	16	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin A, IU	IU	53	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Vitamin E (alpha-tocopherol) ^{1 2}	mg	0.82	2	--	0.29	1.34	1.0	--	--	2	Analytical or derived from analytical	--	07/2007

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Tocopherol, beta 1 2	mg	0.00	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Tocopherol, gamma 1 2	mg	0.05	2	--	0.01	0.09	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Tocopherol, delta 1 2	mg	0.00	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Vitamin K (phylloquinone) 1 2	µg	0.0	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Lipids													
Fatty acids, total saturated	g	2.395	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
8:0 1 2	g	0.000	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
10:0 1 2	g	0.000	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
12:0 1 2	g	0.040	2	--	0.03	0.05	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
14:0 1 2	g	0.675	2	--	0.5	0.85	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
15:0 1 2	g	0.040	2	--	0.03	0.05	1.0	--	--	2	Analytical or derived from analytical	--	07/2007

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16:0 1 2	g	1.185	2	--	0.93	1.44	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
17:0 1 2	g	0.110	2	--	0.05	0.17	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
18:0 1 2	g	0.345	2	--	0.3	0.39	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
20:0 1 2	g	0.000	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
22:0 1 2	g	0.000	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
24:0 1 2	g	0.000	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Fatty acids, total monounsaturated	g	5.139	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
14:1 1 2	g	0.000	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
15:1 1 2	g	0.000	2	--	0	0	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
16:1 undifferentiated 1 2	g	0.480	2	--	0.36	0.6	1.0	--	--	2	Analytical or derived from analytical	--	07/2007

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17:1 1 2	g	0.004	2	--	0	0.01	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
18:1 undifferentiated 1 2	g	1.990	2	--	1.48	2.5	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
20:1 1 2	g	1.405	2	--	1.34	1.47	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
22:1 undifferentiated 1 2	g	1.230	2	--	1.12	1.34	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
24:1 c 1 2	g	0.030	2	--	0	0.06	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Fatty acids, total polyunsaturated	g	2.323	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2007
18:2 undifferentiated 1 2	g	0.125	2	--	0.11	0.14	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
18:3 undifferentiated 1 2	g	0.115	2	--	0.06	0.17	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
18:4 1 2	g	0.135	2	--	0.08	0.19	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
20:2 n-6 c,c 1 2	g	0.025	2	--	0.02	0.03	1.0	--	--	2	Analytical or derived from analytical	--	07/2007

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:3 undifferentiated ^{1 2}	g	0.010	2	--	0	0.02	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
20:4 undifferentiated ^{1 2}	g	0.115	2	--	0.08	0.15	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
20:5 n-3 (EPA) ^{1 2}	g	0.610	2	--	0.47	0.75	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
21:5 ^{1 2}	g	0.020	2	--	0.01	0.03	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
22:4 ^{1 2}	g	0.004	2	--	0	0.01	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
22:5 n-3 (DPA) ^{1 2}	g	0.215	2	--	0.19	0.24	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
22:6 n-3 (DHA) ^{1 2}	g	0.950	2	--	0.88	1.02	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Cholesterol ^{1 2}	mg	214	2	--	213	214	1.0	--	--	2	Analytical or derived from analytical	--	07/2007
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 8g, 2004 Beltsville MD